



May 2023 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti & Meatballs WG Spaghetti Marinara Sauce Italian Vegetables Apple 	2 Tarragon Chicken Parsley Potatoes Peas & Carrots WW Bread Banana	3 Stir Fried Pork Carrots, Cabbage Green Beans Mixed Rice Pineapple	4 Salisbury Steak Mashed Potatoes Gravy Corn WW Bread Watermelon	5 BIRTHDAY CELEBRATION! Chicken Suiza w/ Spinach, Green Chiles, Cilantro & Cream Mixed Rice  Black Beans & Corn Orange
8 Chicken Cacciatore Tomatoes, Peppers, Mushrooms Mixed WG Pasta Chickpeas Broccoli Banana	9 Roast Beef Gravy Mashed Potatoes Creamed Spinach WW Bread Apple 	10 Cranberry Glazed Turkey Quinoa Meatloaf WG Stuffing Sweet Potatoes Corn Peaches	11 Chicken Dijon Mixed Rice Pilaf Mixed Vegetables Mandarin Oranges	12 MOTHER'S DAY CELEBRATION! Zucchini Parmesan w/ Ricotta & Mozzarella Bolognese Sauce WG Pasta Collard Greens Pineapple  
15 Chicken Curry w/ Peppers, Onions Chickpeas Broccoli Mixed Rice Banana	16 BINGO Pepper Steak Parsley Potatoes Normandy Blend WW Bread Applesauce	17 Caribbean Tilapia w/ Pineapple, Ginger, Onions, & Cilantro Coconut Mixed Rice Mixed Vegetables Orange	18 Pasta Primavera w/ Lemon Chicken Mixed Pasta tossed with Broccoli, Carrots, Squash, Red Peppers, Tomatoes, Fresh Parsley Apple	19 Steak & Mushroom Shepherd's Pie w/ Mashed Potato Topping Peas & Carrots Pineapple WW Bread
22 Baked Ziti WG Pasta, Mozzarella Marinara Sauce Collard Greens Chickpea, Tomato Stew w/ Garlic Applesauce	23 Margarita Chicken Mixed Mexican Rice Zucchini, Corn & Red Peppers Orange	24 Meatloaf Beef & Pork Mashed Potatoes, Gravy Peas Whole Wheat Bread Banana	25 Sweet & Sour Chicken w/ Peppers, Onions Mixed Rice Normandy Vegetables Pineapple	26 Hamburger White Wheat Roll Ranch Beans Sweet Potatoes Watermelon
29 CLOSED IN OBSERVANCE OF MEMORIAL DAY 	30 Chili Con Carne Mixed Rice Fiesta Corn Orange	31 Pork Loin w/ Apple Chutney Potato Gratin Manhattan Vegetables Applesauce WW Bread	Free Blood Pressure Checks at the Community Center May 5 & May 18 9:30 am—12:30 pm. 	Note: 1% Milk served daily*  Denotes meal with more than 1000mg sodium



SENIOR NUTRITION INFORMATION

Now serving plated meals!

Reservations/Cancellations

To make a reservation call the Lunch Reservation Line at
760-943-2258.

Reservations are required and may be made until
9:00 a.m. one business day before you would like to have lunch.
Monday reservations are due no later than 9 a.m. the Friday prior.

Check-in for lunch between 11:00 a.m. and 11:30 a.m.
Lunch is served at 11:40 a.m.

Suggested contribution for Seniors 60+ is \$4 per meal, anonymous.
Guest and non-senior (under 60) meal fee is \$7.00

Van Transportation

Van transportation to and from the lunch program is available for
qualified participants who have an approved application on file.
Must be an Encinitas resident age 60+ with no other means of
transportation.

How Are We Doing?

Compliments, suggestions, and grievances about this program are
welcomed via phone or mail. Let us know how we can best serve you.

No eligible person shall be denied a meal because of inability to contribute.

The Encinitas Senior Nutrition Program is supported by the City of Encinitas, meal
donations, and the Older Americans Act grant funds which are awarded through
San Diego County Aging & Independence Services.